



EVAN ARBOUR

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Work Experience

Barry's Seattle: Founding Instructor

February 2019 – Present

Delivering a high-energy cardio and strength workout as a member of the first studio in the region. Establishing the welcoming culture of Barry's and helping clients understand lifting and running form in and out of class.

SoulCycle Seattle: Instructor Development Lead

April 2018 – July 2019

Assessing and providing feedback to Instructors in the Seattle and Vancouver BC studios on how to progress their skills. Formal reviews and written evaluation forms submitted regularly on various elements of class.

Evan Arbour Fitness: Personal Trainer

August 2015 – Present

Providing individual workout and nutrition protocols for clients both in-person and remotely across the country. Evaluating movement patterns, dysfunctions, and areas of weakness to create a long-term strength training program specific to each client.

SoulCycle Seattle: Founding Instructor

January 2017 – July 2019

One of four Instructors asked to open the first studio in the Pacific Northwest. Providing a top-tier experience and effective workout while teaching the methodology and culture to the region.

SoulCycle NYC: Instructor

May 2016 – December 2016

Teaching SoulCycle throughout studios in New York City. Leading upbeat and effective cardio workout to the rhythm of the music. Coaching with clear communication to ensure that movement is for everyone and cultivating a strong sense of community.

SoulCycle NYC: Studio Team, Manager On Duty

Sept 2015 – Apr 2016

Maintaining exceptional level of customer service with a warm and welcoming atmosphere while opening/closing the studio, leading check-ins, and handling cash deposit reports.

Education

Bachelor of Fine Arts - Acting, Ithaca College

May 2015

Full Stack Web Developer Bootcamp - University of Washington

December 2021

Credentials

Certified Nutrition Coach, National Academy of Sports Medicine

March 2020

Corrective Exercise Specialist, National Academy of Sports Medicine

August 2019

Certified Personal Trainer, National Academy of Sports Medicine

June 2017